

# Pelvic Floor Support Systems: Advanced Anatomy, Assessment and Treatment for Prolapse & Postnatal Care

## GENERAL INFORMATION

**Presenter:** [Kathe Wallace PT](#), is an internationally recognized clinician, author, lecturer and pioneer practitioner in pelvic floor evaluation and treatment. In 2023, she was honored to receive the Elizabeth Noble Award from the American Physical Therapy Association, Academy of Pelvic Health for her contributions in education of professionals in pelvic floor dysfunction. She currently serves as an independent study Clinical Instructor (Courtesy Clinical Faculty) for the Division of Physical Therapy, Department of Rehabilitation Medicine, at the University of Washington, Seattle.

**Date:** Available now. Self-paced online course, learning begins upon registration.

**Where:** Anywhere with internet access and a computer.

**Fee:** \$530 standard registration. Fee includes lifetime access to the online curriculum. More information and registration are available at [teachable.kathewallace.com](http://teachable.kathewallace.com).

**Cancellation Policy: Refunds** are not available once the course is initiated online, or 14 days after purchase.

## AUDIENCE AND PREREQUISITES

**Target Audience:** Physical Therapists, Occupational Therapists, Nurse Practitioners, Midwifery and PA. Content is not intended for use outside the scope of the learner's state license or regulation.

**Instructional Level:** Intermediate-Advanced.

**Prerequisites:** Prior experience with pelvic floor internal examination techniques.

**CEU 13.25** contact hours of professional education. Specific state approvals include **NJ #2511-43** valid Feb 1, 2026 until Jan 31, 2028, **CA CPTA #25-371** valid Jan 1, 2026 until Jan 1, 2027, **TX #81012** valid Jan 1, 2026, until Jan 1, 2028

## COURSE DESCRIPTION

This is an intermediate-to-advanced self-paced online course designed for pelvic health therapists to enhance evaluative skills in screening, differential diagnosis, assessment, and management of pelvic floor dysfunction. Emphasis is placed on birth-related levator ani injury and prolapse-related support changes. The curriculum integrates advanced fascial and musculoskeletal anatomy of the pelvic support system with systematic internal vaginal examination techniques to identify anterior, posterior, and apical support alterations, including perineocele, enterocele, and levator ani injury/avulsion. Functional contributors to pelvic floor dysfunction such as posture, breathing mechanics, and abdominal wall dynamics are explored to support intra-abdominal pressure regulation and individualized treatment planning. The course also addresses clinical decision-making regarding conservative management strategies, pessary use, and appropriate referral to medical or surgical specialists. This curriculum equips the practitioner with the ability to design individualized treatment interventions for pelvic floor dysfunction, postpartum rehabilitation, and prolapse management.

## OBJECTIVES

Upon completion of the online self-paced curriculum, participants will be able to:

1. Identify three vaginal fascial and levator hiatus support structures that can contribute to Pelvic Floor Dysfunction (PFD).
2. Describe two fascial structures in each of Delancey's three levels of pelvic support.
3. List three modifiable conditions that may affect the findings of a vaginal fascial examination.
4. Locate and palpate common levator ani injury/avulsion sites (including ATLA, ATRV, ATRV) and state the expected depth and internal landmarks for each site.
5. Outline and perform the four-step digital levator ani injury/avulsion examination and interpret key positive and negative findings.

6. Explain the seven internal vaginal and two external POP-Q points and demonstrate correct technique for ½-speculum fascial assessment and external POP-Q measurement (gh, pb).
7. Analyze internal and external examination findings to differentiate between muscular, fascial, and support-related contributors to pelvic floor dysfunction, including levator ani avulsion, perineocele, enterocele, anterior, posterior and apical descent.
8. Evaluate and formulate differential diagnoses from functional assessment data and apply evidence-based clinical decision-making to select conservative management, pessary fitting, or referral to medical/surgical specialists.
9. Differentiate types of pelvic organ prolapse presentations and formulate appropriate conservative management strategies, including criteria for pessary candidacy.
10. Evaluate the evidence comparing pessary use combined with lifestyle and movement-based interventions versus pelvic floor muscle training (PFMT) alone and justify individualized management decisions by recommending when to incorporate pessary therapy alongside exercise and lifestyle strategies.
11. Describe three abdominal wall evaluation/treatment methods relevant to PFD and apply findings to IAP management during functional activities.
12. Summarize four breathing and vocalization strategies (including principles of the Hypopressive technique) and integrate appropriate approaches into individualized treatment plans.
13. Apply postural, IAP, and motor control strategies to design functional progressions that support activity retraining for postpartum and athletic clients.
14. Develop individualized care plans that synthesize fascial exam findings, levator ani injury assessment, breathing/postural evaluation, and evidence-informed treatment to optimize pelvic floor support and client activity goals.
15. Formulate evidence-based clinical decisions regarding conservative management, pessary use, or referral to medical or surgical specialists based on differential diagnosis and functional assessment outcomes.

## COURSE CURRICULUM

Module	Module Title/Description	Time
0	Overview Pelvic Floor Support	28:21
0.5	Support Anatomy Readings/Quiz	180:00
1	Proposed PF Muscle Diagnosis	14:36
2	Peritoneum and Pelvic Fascia	20:18
3	Levator Ani Muscles and Perineal Body	16:41
4	Advanced Evaluation & External Exams / Reading Clinical Exam Guide	41:07
5	Internal Vaginal Anatomy Examination/Clinical Exam Guide	20:58
6	Birth Related Levator Ani Injuries: From Anatomy to Assessment/ LA Clinical Exam Guide Resources	59:39
7	POP-Q Explained Lecture/Readings	32:19
8	Advance Prolapse Exams in Supine & Standing /Prolapse Clinical Exam Guide (503 words)/Quiz	56:38
9	Functional Postural Examination for PF Dysfunction	25:17
10	Prolapse Treatment with PFMT and Lifestyle Advice	23:11
11	POP Myofascial Treatments	9:45
12	Pessaries for POP: Candidates and Considerations	24:00
13	PF Breathing, Vocalization & Intro to Hypopressive Technique	44:24
14	Abdominal Wall & Breathing Evaluations & Treatment/Breath Hold Maneuvers (348 words)	35:20
15	Functional Activity, IAP and Exercise	32:11
16	Exam and Rx of PF in Functional Positions/Functional Exam Guide	31:44
17	Final Quiz (20 Questions)	
<b>TOTAL CONTACT HOURS with video and readings</b>		<b>13.25</b>